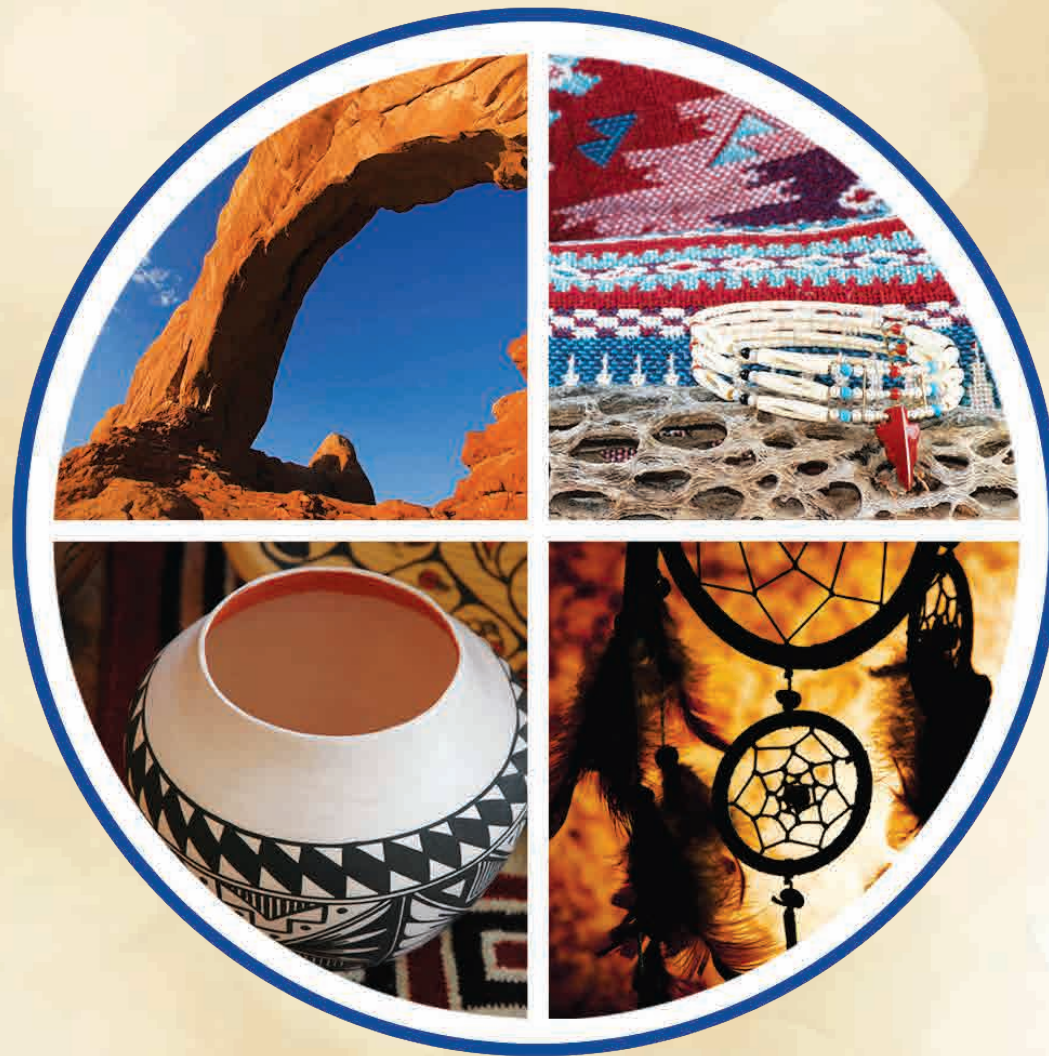


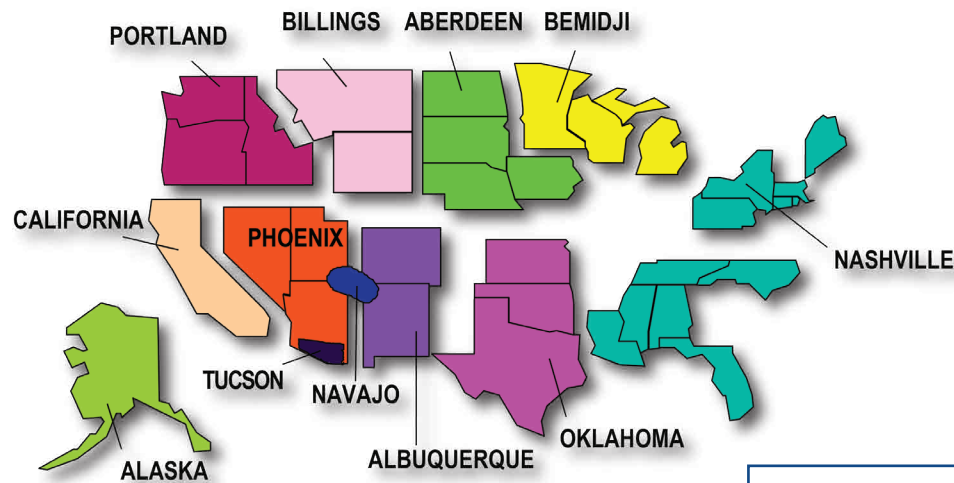
CMS Division of **Tribal Affairs**



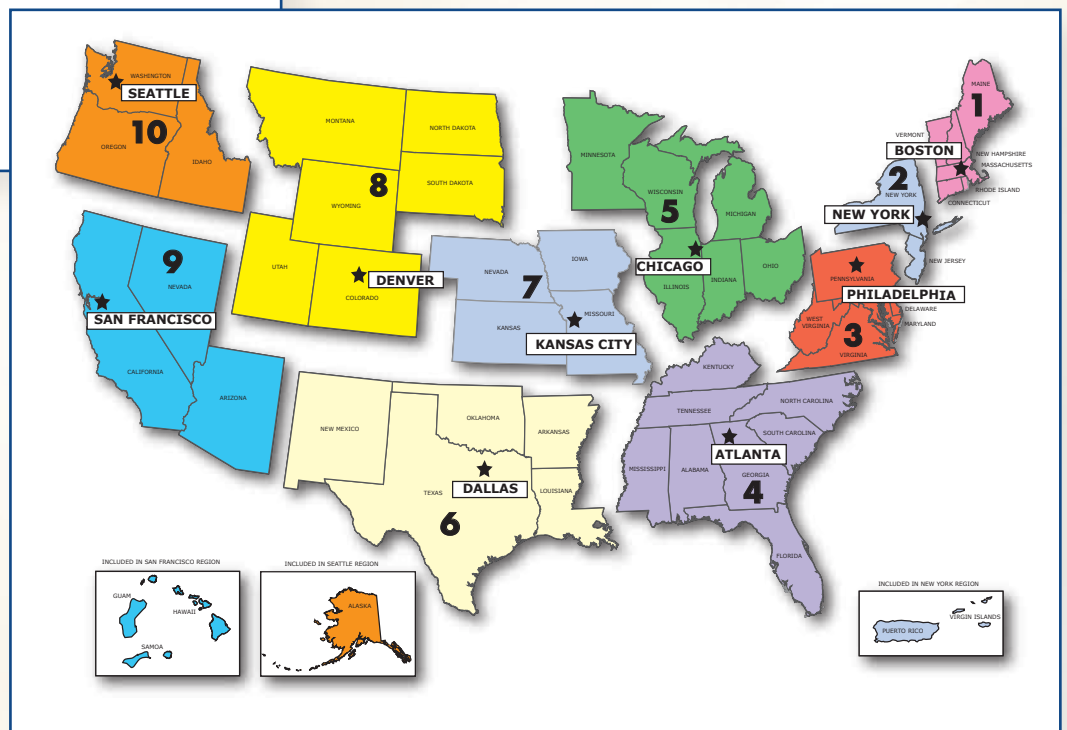
2018/2019
CALENDAR

CMS HAS YOU COVERED!

12 IHS Areas



HHS Region Offices



If you have questions about CMS programs, contact your CMS Native American Contact (NAC) located in each of the CMS Regions, or, email the CMS Division of Tribal Affairs at tribalaffairs@cms.hhs.gov.

For a list of Native American Contacts and their information, visit <https://go.cms.gov/NACTAGlist>.

INTRODUCTION

The Centers for Medicare & Medicaid Services (CMS) Division of Tribal Affairs serves as the point of contact for Indian health issues for CMS. CMS Tribal Affairs partners with the Indian Health Service (IHS), Tribes and Tribal organizations, urban Indian programs (ITUs), and other Federal agencies to improve access to culturally competent health care for American Indians and Alaska Natives (AI/ANs).

CMS Tribal Affairs develops outreach materials and fact sheets on Medicare, Medicaid, the Children's Health Insurance Program (CHIP), and the Health Insurance Marketplace. The outreach materials explain the benefits and coverage of the various programs and any applicable Indian specific provisions. In all of our messaging, we encourage AI/ANs to enroll in Medicare, Medicaid, CHIP, or the Health Insurance Marketplace.

As part of these outreach efforts, CMS Tribal Affairs produces Public Service Announcements (PSAs) that feature a different topic or message each month. The PSAs are published in several Tribal newspapers, both national and local.

CMS also broadcasts the PSAs on Tribal radio stations, which is an effective means of reaching our Tribal populations. **Currently, we have the PSAs translated into five Tribal languages:**

- Dine (Navajo)
- Lakota (Sioux)
- Ojibwe (Chippewa)
- Yupik
- Zuni

The PSAs are recorded in English and air with the traditional language PSA. The PSAs can be downloaded if tribal communities want to broadcast them on their local radio stations or publish them in their local newspapers.

**PSA Drop-ins Newspapers
or Websites:**

- Indian Country Today
- Navajo Times
- Cherokee Phoenix
- The Seminole Tribune
- Juneau Empire
- Alaska Dispatch News
- Lakota Times

Radio Stations:

- KTNN (Navajo): Window Rock, AZ
- KILI (Lakota): Pine Ridge, SD
- KEYA (Chippewa): Belcourt, ND
- KSHI (Zuni): Pueblo of Zuni, Zuni, NM
- KYUK (Yupik): Bethel, Alaska
- Koahnic Broadcast Corporation:
All six languages
- Native Voice One:
All six languages

This calendar is a compilation of some of our favorite PSAs.

For more information on CMS Tribal outreach materials, visit go.cms.gov/AIAN or email us at tribalaffairs@cms.hhs.gov.



Coverage is Sweet

**Medicaid helps kids stay
healthy with:**

Vaccinations 🍭 Check-ups 🍭 Dental care

September 2018

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

November 2018

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

October 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Look for Medicare & You handbook.	2	3	4	5	6
7	8	9	10	11	12	13
14	15 First day to choose Medicare Plan (Open Enrollment).	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

For more information, visit **Medicaid.gov** or **Insurekidsnow.gov** or to enroll your child, please contact your local Indian health program, or call **1-800-318-2596** (TTY: 1-855-889-4325).



No Health Insurance?

"1 in 6 young adults are **real ill**, not just **colds** and **flu** but the **real deal**."

Getting insured is easy.

October 2018

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

November 2018

December 2018

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 First day to choose Health Insurance Marketplace coverage (Open Enrollment).	2	3
4 Daylight Saving Time Ends	5	6	7	8	9	10
11 Veterans Day	12	13	14	15	16	17
18	19	20	21	22 Thanksgiving Day	23	24
25	26	27	28	29	30	

Contact your local Indian health program,
 visit **www.healthcare.gov**
 or call **1-800-318-2596**
 (TTY: 1-855-889-4325).



Looking for the perfect gift this holiday season?

Enroll your family in health insurance - give the gift of health.

November 2018

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

January 2019

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

December 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7 Last day to choose Medicare Plan (Open Enrollment). Pearl Harbor Day Remembrance Day	8
9	10	11	12	13	14	15 Last day to choose Health Insurance Marketplace coverage (Open Enrollment).
16	17	18	19	20	21	22
23	24 Christmas Eve	25 Christmas Day	26	27	28	29
30	31					

Contact your local Indian health program,
visit www.healthcare.gov, or
call **1-800-318-2596** (TTY: 1-855-889-4325).



Jump start

the new year with
health insurance.

Health insurance offers free preventive services to help you keep your resolutions:

- ☒ stop smoking programs
- ☒ nutrition screenings
- ☒ blood pressure and cholesterol checks

December 2018

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

February 2019

S	M	T	W	T	F	S
						1 2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

January 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 New health coverage and costs begin. New Year's Day	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
	Martin Luther King Jr. Day					
27	28	29	30	31		

Contact your local Indian health program,
 visit **www.healthcare.gov**, or
 call **1-800-318-2596** (TTY: 1-855-889-4325).



Wear **Red** for Native Women

Wear your red dress with pride in February, and raise awareness that heart disease is a leading cause of death for American Indian and Alaska Native women. It can be prevented.



January 2019

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

March 2019

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

February 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 National Freedom Day	2 Groundhog Day
3	4	5	6	7	8	9
10	11	12	13	14 Valentine's Day	15	16
17	18 President's Day	19	20	21	22	23
24	25	26	27	28		

Contact your local Indian health program,
visit **www.healthcare.gov**, or
call **1-800-318-2596** (TTY: 1-855-889-4325).

A female athlete, Jamie Loy, is captured in a dynamic stretching pose on a blue running track. She is wearing a grey tracksuit over a red shirt, black gloves, and black sneakers with yellow accents. She is smiling at the camera. The background is a blurred view of a stadium with blue seating.

Stretch your muscles, not your bank account

**Insurance can keep
you on track.**

**Jamie Loy - Cherokee
Track & Field State Champion**

February 2019

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

April 2019

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

March 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
Daylight Saving Time Begins						
17	18	19	20	21	22	23
St. Patrick's Day						
24	25	26	27	28	29	30
31 Last day to switch from a Medicare Advantage Plan to Original Medicare.						

Contact your local Indian health program,
visit **www.healthcare.gov**, or
call **1-800-318-2596** (TTY: 1-855-889-4325).

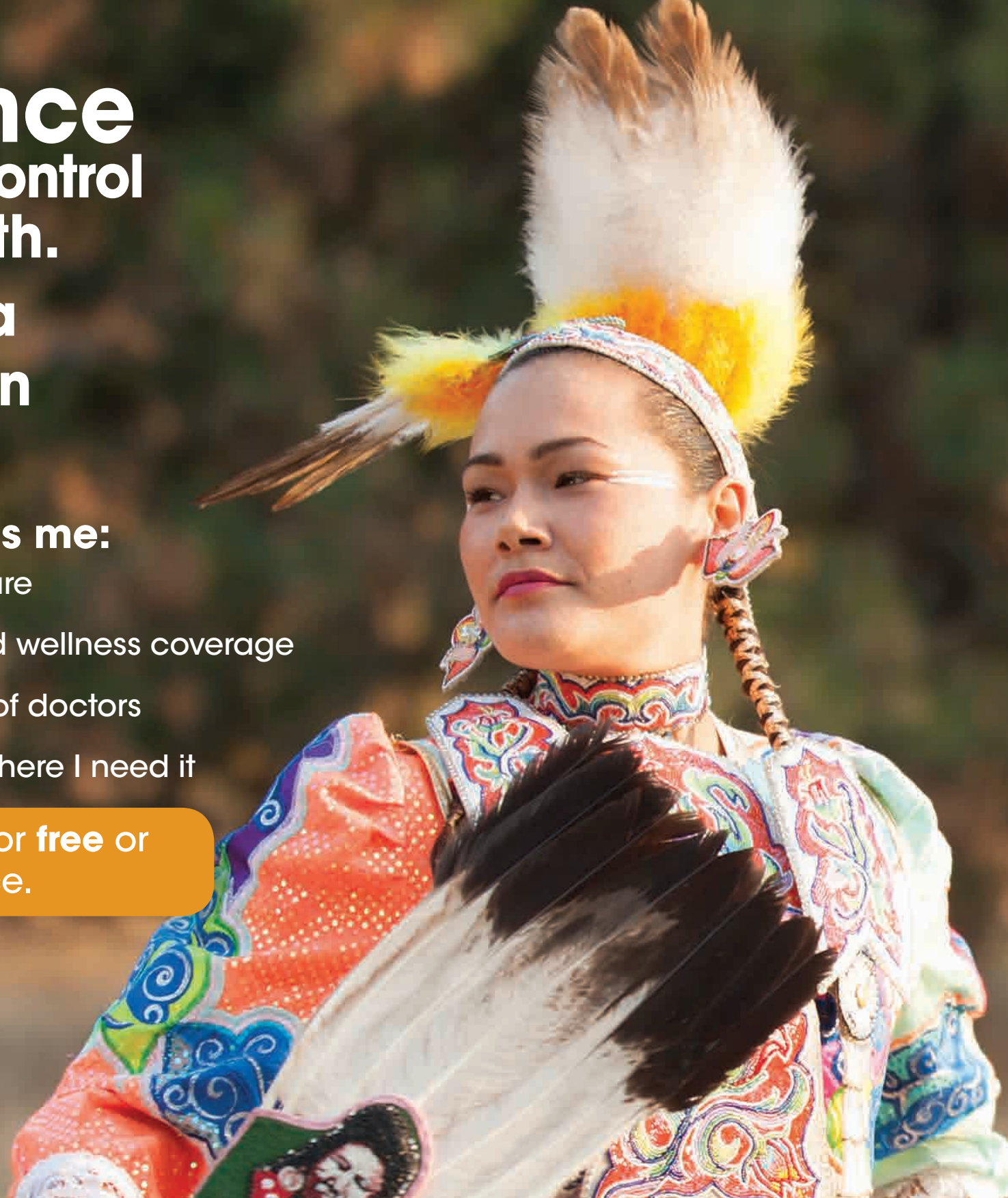
Insurance
gives me control
of my health.

That puts a
spring in
my step.

Insurance gives me:

- Free preventive care
- Mental health and wellness coverage
- A greater choice of doctors
- Care when and where I need it

You may qualify for **free** or
low-cost insurance.



March 2019

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

May 2019

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

April 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 April Fool's Day	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19 Good Frday	20
21 Easter	22 Easter Monday Earth Day	23	24	25	26	27
28	29	30				

Contact your local Indian health program,
 visit www.healthcare.gov, or
 call **1-800-318-2596** (TTY: 1-855-889-4325).

Coverage for healthy mothers, healthy babies

Medicaid, CHIP, and the Marketplace help moms and babies stay healthy during pregnancy, at birth, and through babyhood.

They cover:

- Prenatal care
- Delivery
- Well-baby visits
- Breastfeeding help, including a breast pump



April 2019

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

June 2019

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

May 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Loyalty Day	2	3	4
5	6	7	8	9	10	11
12 Mother's Day	13	14	15	16	17	18 Armed Forces Day
19	20	21	22	23	24	25
26	27 Memorial Day	28	29	30	31	

For more information, visit **Medicaid.gov** or **Insurekidsnow.gov** or to enroll your child, please contact your local Indian health program, or call **1-800-318-2596** (TTY: 1-855-889-4325).

A photograph of a father and a young son hiking together on a rocky mountain trail. The father, wearing a plaid shirt and a large blue backpack, is walking ahead of the son. The son, wearing a blue long-sleeved shirt and dark pants, is holding a trekking pole. They are both looking out over a vast, hazy valley. The sun is low in the sky, creating a warm, golden glow. The background is a mix of green foliage and distant hills.

Fathers—make sure your children have health coverage

**There's a world of fun to explore.
Keep your family healthy.**

**Your children may qualify for
free or reduced cost insurance
through Medicaid or CHIP.**

May 2019

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

July 2019

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

June 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21 Flag Day	22
Father's Day	24	25	26	27	28	29
30						

For more information, visit **Medicaid.gov** or **Insurekidsnow.gov** or to enroll your child, please contact your local Indian health program, or call **1-800-318-2596** (TTY: 1-855-889-4325).



Beat the Heat of Medical Costs

**Keep your kids
covered with
Medicaid or CHIP.**

June 2019

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

August 2019

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

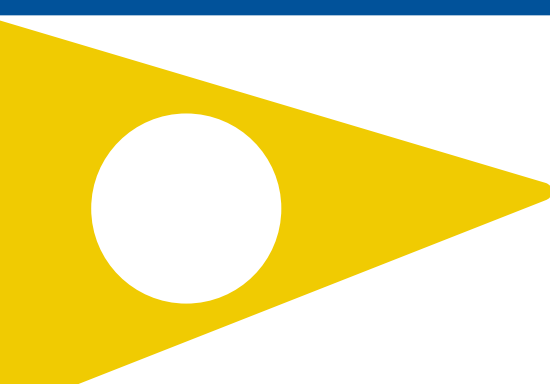
July 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4 Independence Day	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28 Parent's Day	29	30	31			

For more information, visit **Medicaid.gov** or **Insurekidsnow.gov** or to enroll your child, please contact your local Indian health program, or call **1-800-318-2596** (TTY: 1-855-889-4325).

A person wearing traditional Native American regalia, including a yellow and red fringed garment and a colorful beaded armband, is playing a large drum. The drum is decorated with geometric patterns of red dots and black triangles. The background is a grassy field.

Our HEALTH, Our COMMUNITY

A yellow triangle pointing to the right, with a white circle inside it.

Signing up for Medicaid upholds traditional values of caring for family and community. Medicaid keeps your family healthy and provides money for your clinic to offer more and better services for everyone.

July 2019

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

September 2019

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

August 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

For more information, visit **Medicaid.gov** or **Insurekidsnow.gov** or to enroll your child, please contact your local Indian health program, or call **1-800-318-2596** (TTY: 1-855-889-4325).



Pop Quiz!

**Do your kids have
health insurance?**

**They may qualify for
free or reduced cost
insurance through
Medicaid or CHIP.**

August 2019

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

October 2019

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

September 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Labor Day	3	4	5	6	7
8 National Grandparents Day	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

For more information, visit **Medicaid.gov** or **Insurekidsnow.gov** or to enroll your child, please contact your local Indian health program, or call **1-800-318-2596** (TTY: 1-855-889-4325).



Bumps and bruises won't stop your fun

With Medicaid, you've got health care covered. Signing up is free and easy, and provides you with no-cost:

Doctor's visits



**Lab services
and x-rays**



**Children's dental,
vision, and hearing**



September 2019

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

November 2019

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

October 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Look for Medicare & You handbook.	2	3	4	5
6	7	8	9	10	11	12
13	14 Columbus Day	15 First day to choose Medicare Plan (Open Enrollment).	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31 Halloween		

For more information, visit **Medicaid.gov** or **Insurekidsnow.gov** or to enroll your child, please contact your local Indian health program, or call **1-800-318-2596** (TTY: 1-855-889-4325).



Prescription for healthy living

Medicare (Part D) is a prescription drug benefit for anyone on Medicare and provides access to affordable prescription drugs.

October 2019

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

December 2019

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

November 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<div> 1 First day to choose Health Insurance Marketplace coverage (Open Enrollment). </div>	2
3 Daylight Saving Time Ends	4	5	6	7	8	9
10	11 Veterans Day	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28 Thanksgiving Day	30	31

Contact your local Indian health program,
visit www.Medicare.gov or call
1-800-633-4227 (TTY 1-877-486-2048).



**Health
is a gift.**

**Share it
with your
family.**

Make health your holiday an all-year round tradition.



November 2019

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

January 2020

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

December 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	<div> <div>7</div> <div>Last day to choose Medicare Plan (Open Enrollment).</div> <div>Pearl Harbor Day Remembrance Day</div> </div>
8	9	10	11	12	13	14
<div> <div>15</div> <div>Last day to choose Health Insurance Marketplace coverage (Open Enrollment).</div> </div>	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

For more information, visit **Medicaid.gov** or **Insurekidsnow.gov** or to enroll your child, please contact your local Indian health program, or call **1-800-318-2596** (TTY: 1-855-889-4325).

2020

JANUARY						
Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

FEBRUARY						
Su	M	Tu	W	Th	F	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

MARCH						
Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

APRIL						
Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

MAY						
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

JUNE						
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

JULY						
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

AUGUST						
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

SEPTEMBER						
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

OCTOBER						
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

NOVEMBER						
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8	9	10	11	12	13	14
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DECEMBER						
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27	28	29	30	31		

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RESOURCES

CMS Tribal Affairs

<http://go.cms.gov/AIAN>

CMS Tribal Affairs website is a resource for American Indians and Alaska Natives (AI/AN), Tribal organizations, and other Federal agencies on Tribal Consultation, the Affordable Care Act, All Tribes' Calls, the Children's Health Insurance Program (CHIP), Long Term Services & Supports Technical Assistance Center, Outreach & Education resources, State Tribal Relations, Trainings, and How to Order Tribal Products.

HOW TO ORDER Tribal Products and Product Listing

<http://go.cms.gov/CMS-Tribal-Products>

CMS Tribal Affairs produces outreach and education resources that are available for download from the website or ordered for free from the CMS warehouse on the Tribal Products Ordering Page. This link takes you to Instructions on how to order CMS Tribal Affairs products.

Health Insurance

www.healthcare.gov

This link is a resource where individuals, families and small businesses can learn about their health care options, compare health insurance plans, and enroll in coverage.
1-800-318-2596 (TTY: 1-855-889-4325).

Special Marketplace Protections & Benefits for AI/ANs

www.healthcare.gov/tribal

This link takes you directly to the healthcare.gov website page that contains specific information for AI/ANs who have certain protections in the Health Insurance Marketplace, such as reduced cost sharing, special enrollment periods, and exemptions from the tax penalty.

Children's Health Insurance Program

www.insurekidsnow.gov

The Children's Health Insurance Program (CHIP) is a State-Federal Program offering free or low-cost health coverage for eligible children and other family members. There are special protections for AI/ANs enrolled in CHIP.

Medicaid

www.medicaid.gov

Medicaid is a State-Federal Program that offers health insurance to eligible individuals. There are special protections for AI/ANs enrolled in Medicaid.

Medicare

www.medicare.gov

Medicare is the federal health insurance program for people who are 65 or older, certain younger people with disabilities and people with End-Stage Renal Disease (permanent kidney failure requiring dialysis or a transplant, sometimes called ESRD) 1-800-633-4227 (TTY: 1-877-486-2048).

Social Security

www.socialsecurity.gov

Replacement Medicare card; change your name or address; get information about Part A and/or Part B eligibility, entitlement, and enrollment, apply for Extra Help with Medicare Prescription drug costs; ask questions about premiums; or report a death.
1-800-772-1213 (TTY: 1-800-325-0778).